THE IMPACT OF COVID-19 ON MENTAL HEALTH IN BRAZIL

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MENTAL HEALTH SYSTEM IN BRAZIL

UNIVERSAL HEALTH COVERAGE

• 1988 - Free access to mental healthcare was included in SUS
• 1990 - Brazilian Mental Health Policy was established after the Declaration of Caracas – human rights
• 2001 - Mental Health Law No 10.216 - community mental healthcare model
• Psychiatric beds closure
  • 100,000 to less 14,000 psychiatric beds.
• 1,5 -2.0% health expenditure
Before the pandemia

- Mental disorders accounts for 13% of the Burden of diseases (DALYs) and for 36% of YLD.

- Anxiety, depression and alcohol consumption are the main prevalent mental health problems.

- Alcohol and drug consumption have doubled in the last 15 years.
  - Suicide rates increased among the young people. (by 47%)

Traumatic events related to violence and psychiatric disorders in the big cities – 20-30%

Domestic violence > 30%

Socio determinants factors and MH

- Poverty
- Low education, unemployment
- Less opportunities for young ppl
- Urban violence
- Domestic violence
- 60% of children experiencing at least one type of violence.
- Do not addressed to people needs
- Mental healthcare
- Treatment gap
- MH policy??

Why??
COVID-19 IN BRAZIL

Brazil: 210 million inhabitants

Cases over time

Each day shows new cases reported since the previous day. Updated 2 days ago. Source: JHU CSSE COVID-19 Data

Current scenario

<table>
<thead>
<tr>
<th>Scenario</th>
<th>Value</th>
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</thead>
<tbody>
<tr>
<td>No cases</td>
<td>6,052,000</td>
</tr>
<tr>
<td>No deaths</td>
<td>169,000</td>
</tr>
<tr>
<td>1st case</td>
<td>26/2/2020</td>
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</tbody>
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QUARENTINE

FLEXIBILITY
COVID-19 IMPACT and SOCIO DETERMINANTS OF HEALTH

Poverty
- Prevalence in Sao Paulo: 26.2%
- Poorest 30.4% vs wealthiest 21.6%
- Unemployment (14.4%), bankruptcy and debts, 65 million w income and 10 million workers w salary reduction

Education
- Prevalence higher in low education
- Primary school 35.6% vs College: 16%

Others
- Black people 31.6% vs White and others 20.9%
- Indigenous ppl >5-fold (UFFPEL)

Source SoroEpi MSP https://www.monitoramentocovid19.org/
## COVID-19: Main Mental Health Impacts

<table>
<thead>
<tr>
<th>Increased by (%)</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>18%</td>
<td>Daily ALCOHOL CONSUMPTION</td>
</tr>
<tr>
<td>60%</td>
<td>Seeking help in self-support groups - Alcoholic Anonymous</td>
</tr>
<tr>
<td>30-258%</td>
<td>VIOLENT BEHAVIOUR against women</td>
</tr>
<tr>
<td>22.5%</td>
<td>HOMICIDE (women)</td>
</tr>
<tr>
<td>50%</td>
<td>ANXIETY symptoms</td>
</tr>
<tr>
<td>30%</td>
<td>DEPRESSIVE symptoms</td>
</tr>
<tr>
<td>47%</td>
<td>SEDENTARISM, SUGAR, NO HEALTHY FOODS</td>
</tr>
<tr>
<td>34%</td>
<td>TOBACCO consumption among tobacco users</td>
</tr>
</tbody>
</table>

Source: www.covid.fiocruz.br/relatorio

Most affected groups - MH

- Women
- Health professional
- Poorest, debts
- Youngest (students)
- Ppl with mental illness

64% reported mh worsened during pandemic >30% strongly missing leisure and social contact

Source CovidPsiq, (Univ. Santa Maria)

Source www.covid.fiocruz.br/relatorio

MH POLICY DURING PANDEMIA

TelePsico COVID-19 (march – Sep)
Hospital das Clínicas de Porto Alegre
30 mental health professional

https://www.rededeapoiopsicologico.org.br/

MINISTRY OF HEALTH MENTALIZE PROJECT

FIOCRUZ - Guidelines and recommendation on MH and COVID, and suicide. For the health managers and the general population.
https://portal.fiocruz.br/observatorio-covid-19

Online lectures in youtube
https://www.youtube.com/watch?v=btjA3iEd37M
## SUCCESSFULL INITIATIVES

<table>
<thead>
<tr>
<th>Initiative</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>REDE ACOLHE (MARANHÃO)</strong></td>
<td>Focused on humanization, to combat feelings as a result of social distancing, exams and tests. Psychologists gave recommendations to clients. Support to health professionals.</td>
</tr>
<tr>
<td><strong>COVIDPSIQ (UNIV. SANTA MARIA)</strong> <a href="https://en.covidpsiq.org/">https://en.covidpsiq.org/</a> (RIO GRANDE DO SUL)</td>
<td>To monitor the evolution of PTSD symptoms, anxiety and depression during the COVID-19 pandemic in Brazilians: income, students, health professionals, unemployed, debts, low education. 15% stopped mental health treatment. 11% online treatment, 67.5% no treatment.</td>
</tr>
<tr>
<td><strong>PROVE-COVID-19 – SÃO PAULO, UNIFESP</strong> <a href="https://www.provepsico.com.br/covid19/">https://www.provepsico.com.br/covid19/</a></td>
<td>Mental health support to health professionals Educational videos Research - PTSD</td>
</tr>
<tr>
<td>SUCCESSFULL INITIATIVES</td>
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</table>
| **REDE VIZINHANCA SOLIDARIA**
SAPOPEMBA (slums)
IPQ-FMUSP SÃO PAULO |
| Training mental health to communitarian leaders. Phone support with mental health professional (social workers) |
| [https://www.youtube.com/watch?v=g81aQbAH9OM](https://www.youtube.com/watch?v=g81aQbAH9OM) |
| **SOFTWARE COMVC**
IPQ-USP SÃO PAULO |
| To monitore mental health status (mobile) of health professional in COVID-19 frontline care. |
MH CAMPAIGNS DURING PANDEMIA

Campaing against alcohol/drug consumption. Secretary of State Alagoas - against violence.


“Sinal Vermelho “ Red SIGN Campaing against domestic violence and women homicide launched by the Justice National Council – No adhesion by the Ministry of Health. Ask help in drugstores. APP for calling police

AGOSTO VERDE” GREEN AUGUST - CAMPAING AGAINST DEPRESSION Mato Grosso do Sul – Law Lei 5088

source https://www.acritica.net/editorias/politica/bagosto-verdeb-em-tempos-de-pandemia-alems-realca-o-combate-a-depressa/470788/

Sinal Vermelho https://www.cnj.jus.br/sinal-vermelho-cnj-lanca-campanha-de-ajuda-a-vitimas-de-violencia-domestica-na-pandemia/
Main challenges now...

- PEOPLE BEHAVIOUR
- SOCIAL /LEISURE NEED
- CROWDING
- FINANCIAL DISTRESS
- UNHEALTHY LIFE

CLANDESTINE PARTY IN QUARENTINE 1,000 ppl

Potential solutions involve all...

- Focus on vulnerable people
- Reinforce primary health care actions/MH
- Integrate MH to COVID-19 policy/actions
- Social economical, health MH policy alignment
- Universities research centres
- Technology access
- New alternatives - policies
- Inspection
- Education
- Hope and good examples
Thank you!